

The Las Vegas **ACTIVE ADULT**

Your Guide to Living Beyond The Neon at 50+
April-June 2009

*Ancestral Gateway sculpture welcomes visitors to
the newly renovated Doolittle Senior Center.*

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Para información en español, llame al 229-6690.

Facility Locations & Contacts



All facilities closed Monday, May 25, in observance of Memorial Day.

- | | | | |
|--|---|--|--|
|  | Centennial Hills Active Adult Center | Monday-Friday, 8:00 a.m.-8:00 p.m. | |
| | 6601 North Buffalo Drive | 229-1702 | <i>Coordinator: Roney Fuller</i> |
|  | Derfelt Senior Center | Monday-Friday, 8:00 a.m.-4:00 p.m. | |
| | 3343 West Washington Avenue | 229-6601 | <i>Coordinator: Amy Solich</i> |
|  | Doolittle Senior Center | Monday-Friday, 8:00 a.m.-5:00 p.m. | |
| | 1930 North J Street | 229-6125 | <i>Coordinator: Nicole Koerwitz</i> |
|  | East Las Vegas Community/Senior Center | Monday-Friday, 8:30 a.m.-4:30 p.m. | |
| | 250 North Eastern Avenue | 229-1515 | <i>Coordinator: Trina Lewis</i> |
|  | Howard Lieburn Senior Center | Monday-Friday, 8:00 a.m.-4:00 p.m. | |
| | 6230 Garwood Avenue | 229-1600 | <i>Coordinator: David Walker</i> |
|  | Las Vegas Senior Center | Monday-Friday, 8:00 a.m.-8:00 p.m. | |
| | 451 East Bonanza Road | 229-6454 | <i>Coordinator: Lettie Peters</i> |
|  | Downtown Senior Services Center | Monday-Friday, 8:00 a.m.-5:00 p.m. | |
| | 310 South 9 th Street, 1 st Floor | 229-6690 | <i>Customer Service: Delfina Flores</i> |
| | Senior Citizens Law Project | Monday-Friday, 9:00 a.m.-4:00 p.m.; By Appointment Only | |
| | 310 South 9 th Street, 2 nd Floor | 229-6596 | <i>Project Administrator: Sheri Cane Vogel, Esq.</i> |

Spring is in the air and summer is just around the corner...which means it's time to get up, get out, and get active at your nearest City of Las Vegas active adult/senior center. This latest edition of **The Active Adult** is chock full of classes, activities, and workshops designed specifically with your leisure-time needs in mind.

The Senior Citizen Programs Division continues to encourage and promote healthy living with programs that offer physical activity, mental stimulation, and social interaction for active adults age 50 and better. I'm sure you'll agree that our facilities are run by top-notch staff. For locations, hours of operation, and phone numbers, please refer to the map on the adjacent page.

Please also feel free to share with staff any comments you may have about the usefulness of this publication. We value your input and want to ensure we provide information in a simple and easy format.

Thank you for your continued patronage!

Best Regards,

Ed Jost

Ed Jost
Manager
Senior Citizen Programs Division



Working together with you to meet your leisure-time needs is our priority.

Got some ideas for new programs and activities you'd like to share? We welcome them all! Some of our best classes, workshops, and special events have come directly from suggestions from you, our valued members. Keep them coming!

Getting Started

Classes and activities are subject to change. Fees are per class unless otherwise noted. Please call individual facility to verify times and dates. Annual membership required is \$2. Please register for special events and workshops at least one week in advance. All day trips require advance registration and non-refundable transportation fee; spaces are limited and additional costs are noted. Registration will begin the first business day of the month before the event.

Online registration is also available for activities that include a class code at www.clvbeyondtheneon.com. Please call any facility if you need assistance.



We are committed to recognizing, respecting, and serving our diverse community. We strive to present a broad variety of programs and services that offer a conscious acceptance, education, and inclusion of people of all ages, abilities, and backgrounds.



Park Ambassadors

Get involved today!

Volunteering keeps you active and connects you to the community. **Park Ambassadors** are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasions throughout the year.

Responsibilities include daily inspection of your park and greeting the visitors. Interested volunteers may call Stephanie Richard at 229-4160 for more information. Thank you in advance...we can't do it without you! ☺



Park Ambassadors help preserve our parks for a better tomorrow!

Centennial Hills Active Adult Center

CLASSES & ACTIVITIES

229-1702

Computer lab and library are open daily, no charge.

♥ = Heart Healthy Activities

FM = Fitness Membership; \$15 per month and includes access to all fitness classes.

* By appointment only.

** Offered through a partnership with the YMCA to provide fitness and recreational opportunities. Ask for details.



Monday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9:00 a.m.	AM Yoga	FM
10:00 a.m.	Pinochle	Free
10:00 a.m.	Beg. Computers NEW!	\$20/4 weeks
♥ 10:30 a.m.	Belly Dancing	FM
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
11:00 a.m.	Bingo (2 nd Monday)	\$2
11:30 a.m.	Inter. Computers	\$20/4 weeks
♥ 12:00 p.m.	Tai Chi Gong	FM
12:00 p.m.	Medicare Counseling (2 nd Monday)	Free
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 12:30 p.m.	Water Aerobics	FM
1:00 p.m.	Digital Camera*	\$5/30-minute session
♥ 1:00 p.m.	Guided Meditation	FM
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
1:30 p.m.	Red Hat Society (1 st Monday)	Members Only
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free
4:00 p.m.	Pinochle	Free

Tuesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
9:30 a.m.	Quilting	Free
10:00 a.m.	Watercolor NEW!	\$40/8 weeks
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
12:00 p.m.	Drawing NEW!	\$40/8 weeks
♥ 12:30 p.m.	Weight Room Basics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 1:00 p.m.	Hula	Free
1:00 p.m.	Poker	Free
♥ 1:30 p.m.	Yoga Dance	FM
♥ 2:30 p.m.	Core/Abs Plus	FM
3:00 p.m.	Lei Making (2 nd & 4 th Tuesday)	Free
3:00 p.m.	Dominoes (Mexican Train)	Free
4:00 p.m.	Bunco (1 st & 3 rd Tuesday)	\$2
4:00 p.m.	Pinochle	Free

Wednesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9:00 a.m.	Table Tennis	Free
9:00 a.m.	Knitting NEW!	Free
10:00 a.m.	Scrapbooking (3 rd Wednesday) NEW!	Free
10:00 a.m.	Monthly Movie (Call for date.)	Free
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
12:00 p.m.	Digital Camera*	\$5/30-minute session
♥ 12:30 p.m.	Water Aerobics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free

Wednesday (continued)

1:00 p.m.	Red Hat Society	Members Only
	(4 th Wednesday)	
1:00 p.m.	Grandparent Support Group NEW!	Free
	(2 nd & 4 th Wednesday)	
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free
4:00 p.m.	Party Bridge	Free
♥ 4:00 p.m.	Tai Chi Gong	FM
♥ 5:00 p.m.	Yoga	FM
5:00 p.m.	Internet Simplified NEW!	\$20/4 weeks
6:30 p.m.	Internet Travel NEW!	\$20/4 weeks

Thursday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9:00 a.m.	Senior T.O.P.S.	Free
♥ 9:00 a.m.	AM Yoga	FM
9:30 a.m.	Jewelry Design	Free
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
11:30 a.m.	Poker	Free
♥ 12:00 p.m.	Tai Chi Gong	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1:00 p.m.	Culture Cuisine (3 rd Thursday)	\$3
1:00 p.m.	Mah Jongg (National League)	Free
♥ 1:30 p.m.	Yoga Dance	FM
♥ 2:00 p.m.	Line Dancing NEW!	Free
♥ 2:30 p.m.	Core/Abs Plus	FM
♥ 3:30 p.m.	Weight Room Basics	FM
4:00 p.m.	Nintendo Wii	Free
4:00 p.m.	Indoor Shuffleboard	Free

Friday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 8:30 a.m.	Water Aerobics	FM
9:00 a.m.	Party Bridge	Free
♥ 9:30 a.m.	Arthritis Aerobics	FM
♥ 10:00 a.m.	Line Dancing NEW!	Free
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
11:00 a.m.	Hearing Exams (last Friday of month)	Free
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 1:00 p.m.	Table Tennis	Free
♥ 1:30 p.m.	Dance Aerobics	FM
♥ 2:30 p.m.	Fit Mix	FM
♥ 3:30 p.m.	Yoga	FM
4:00 p.m.	Nintendo Wii	Free
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free

EVENTS

Please register at least one week in advance.

Egg Hunt in the Park (473156)

Grandparents...bring your grandchildren to participate in our multigenerational candy-filled egg hunt!

Monday, April 6 • 11:00 a.m. • \$5 per family

Salad & Sandwich Bar Luncheon (473157)

Tuesday, April 7 • 12:00 p.m. • \$8

Monthly Breakfasts

Advance registration required.

9:30 a.m. • \$5

April 15 ...All-You-Can-Eat Pancakes & Ham(473167)

May 13Breakfast Burritos(473168)

June 18Father's Day Surprise!(473178)

Monthly Cultural Cuisines

Thursdays • 1:00 p.m. • \$3

April 16 ...German Bread Dumplings(473220)

May 14Irish Soda Bread.....(473221)

June 25Greek Spanakopita.....(473222)

Dessert Potluck (473189)

Bring your favorite dessert to share. Sign up at front desk.

Thursday, April 23 • 2:00 p.m. • Free

Massages for Mom (473171)

Enjoy a free 15-minute chair massage. Call to schedule your appointment.

Friday, May 8 • 10:00 a.m. • Free

Shuffleboard Tournament (473154)



Compete in our first annual tournament.

2-player team required.

Monday, May 18

2:00 p.m. • \$3

Memorial Day Potluck (473188)

Thursday, May 21 • 12:30 p.m. • Free

Yard Games Tournament (473155)

Games include croquet, horseshoes, and frisbee golf.

Light refreshments provided.

Wednesday, May 27 • 9:00 a.m. • \$3

Hawaiian Luau (473190)

Feast on kalua pork, rice, macaroni salad, sweet potatoes, and pineapple upside down cake.

Wednesday, June 3 • 12:30 p.m. • \$8

WORKSHOPS

Please register at least one week in advance.

Grandparent Support Group

2nd and 4th Wednesdays

1:00 p.m.

Free



Seniors CAN (473217)

Tuesday, April 7 • 10:30 a.m. • Free

AARP Safe Driving Course

Lower your insurance premium!

\$12 for AARP members, \$14 non-members

Tuesday-Wednesday • 3:00-7:00 p.m.

April 28/29 (473205)

May 26/27 (473206)

June 23/24 (473214)

Cinco de Mayo Luncheon (473176)

Join us for chicken enchiladas, Spanish rice, beans, chips & salsa, and churro dessert.

Tuesday, May 5

12:30 p.m.

\$8



Fresh Flower Lei Workshop (473219)

Make a fresh orchid lei just in time for the luau.

Tuesday, June 2 • 1:00 p.m. • \$10

Smoothie Workshop (473223)

Learn how to make a healthy, refreshing drink.

Thursday, June 11 • 11:30 a.m. • \$3

Get physical today!

Engaging in physical fitness activities on a daily basis can help you stay more active than ever before. Find an activity you enjoy so you'll want to do it every day.

Derfelt Senior Center

CLASSES & ACTIVITIES

229-6601

♥ = Heart Healthy Activities

* YMCA is located at 3521 N. Durango Drive (at Gowan)



Monday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
♥ 8:00 a.m.	Tighten & Tone	\$1
♥ 8:00 a.m.	Boot Scooter's Line Dancing NEW!	\$3
	(1 st , 3 rd , 4 th Monday)	
♥ 8:30 a.m.	Blood Pressure Checks NEW!	Free
♥ 9:00 a.m.	Yoga for Health	\$3
	9:00 a.m. Knit & Crochet	\$1
	9:30 a.m. Compulsive Eaters Anonymous	Call
	9:30 a.m. Computers, beginning NEW!	\$20/4 weeks
♥ 10:00 a.m.	Chi Kung	\$5
	10:00 a.m. Chieko's Painting & Pastel, advanced	Call
♥ 11:00 a.m.	Tai Chi Chuan	\$5
	11:00 a.m. Self-Exploration	\$3
	11:30 a.m. Party Bridge	Call
	12:00 p.m. Zumba NEW!	\$3
♥ 1:00 p.m.	Bowling at Santa Fe	\$3/3 games
♥ 1:30 p.m.	Chair Fitness	\$3
	1:30 p.m. Texas Hold 'Em NEW!	Free

Tuesday

♥ 8:00 a.m.	Tighten & Tone	\$1
	8:00 a.m. Open Computer Lab	Free
	8:30 a.m. Oil & Acrylic Painting, beginning	\$3
♥ 9:00 a.m.	Tai Chi with Terry	\$3
	9:00 a.m. Chieko's Painting & Pastel, advanced	Call
	9:30 a.m. Compulsive Eaters Anonymous	Call
♥ 10:30 a.m.	Line Dance	\$3
	10:00 a.m. Movies (2 nd , 3 rd , 4 th Tuesday)	Free
	10:30 a.m. Solitaires Social Club (1 st Tuesday)	Free
	11:00 a.m. Yoga with Nancy NEW!	\$3
	11:00 a.m. Bereavement Support Group NEW!	Free
	(2 nd and 4 th Tuesday)	
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$2
	11:30 a.m. Duplicate Bridge	Call
♥ 12:30 p.m.	Line Dance, beginning	\$3

Wednesday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
♥ 8:00 a.m.	Tighten & Tone	\$1
	8:00 a.m. Open Computer Lab	Free
♥ 9:00 a.m.	Yoga for Health	\$3
	9:00 a.m. Quilting	\$3
	9:30 a.m. Compulsive Eaters Anonymous	Call

Wednesday (continued)

	9:30 a.m. Computers, beginning NEW!	\$20/4 weeks
♥ 10:00 a.m.	Chi Kung	\$5
♥ 11:00 a.m.	Pilates	\$3
	11:00 a.m. Bunco & Brunch (1 st Wednesday)	\$3
♥ 11:00 a.m.	Tai Chi Chuan	\$3
	12:00 p.m. Open Computer Lab NEW!	Free
	12:00 p.m. Mah-Jongg	Free
	12:30 p.m. Oil Painting with Joanne	\$3
	1:00 p.m. Creative Writing	Call

Thursday

	8:00 a.m. Tighten & Tone	\$1
	8:00 a.m. Open Computer Lab	Free
♥ 8:30 a.m.	T.O.P.S. Weigh-In	Call
♥ 9:00 a.m.	Tai Chi with Terry	\$3
♥ 9:45 a.m.	T.O.P.S.	Call
♥ 10:00 a.m.	Yoga with Nancy	\$3
	10:00 a.m. Park Ambassadors (2 nd Thursday)	Free
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$2
	11:30 a.m. Card Club (Party Bridge)	Call
	11:30 a.m. Red Hat Society (3 rd Thursday)	Free
	12:00 p.m. LV Senior Softball Association (1 st Thursday)	Free
♥ 1:30 p.m.	Chair Fitness	\$3

Friday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
	8:00 a.m. Open Computer Lab	Free
♥ 9:00 a.m.	Yoga for Health	\$3
	9:00 a.m. Chieko's Painting & Pastel, advanced	\$3
	10:00 a.m. Writing for Pleasure	\$3
	10:00 a.m. Paper Folding Class	\$3
♥ 11:00 a.m.	Pilates	\$3
♥ 12:30 a.m.	Ballroom Dance with JoJo	\$5
	1:00 p.m. Amputee Coalition of Nevada (2 nd Friday)	Free

**Don't lose your curiosity about life!
It's never too late to explore a new activity.**



EVENTS

Please register at least one week in advance.

Bunco Bonanza

Enjoy a light brunch, then a fun afternoon playing Bunco.
Prizes awarded for most wins, most losses and most buncos.

Wednesdays • 11:00 a.m. • \$3

April 1 (472838) June 3 (472856)*

May 6 (472855)

* Join in the fun of *Celebrate National Iced Tea Week*.

Wear your best “southern attire” and sip on sweet tea.

Incredible Edible Egg Luncheon (472835)

Wednesday, April 8 • 11:30 a.m. • \$5

Monthly Breakfasts

Tighten & Tone and *Fitness Over 50* class participants immediately prior to breakfast will receive a discount.

Wednesdays • 9:00 a.m. • \$3

April 15 (472844) *Southwest Scrambled Eggs w/ Fruit*

May 20 (472854) *Breakfast Burritos*

Downtown Cultural Series

Fridays • 11:00 a.m. • \$2

April 17 (472851) *Las Vegas Mandoliers*

May 15 (472852) *Desertwind*

June 19 (472853) *Brian Kral Portrays American
Dramatist Eugene O'Neill*

All-You-Can-Eat Taco Buffet (472837)

Wednesday, May 13 • 11:30 a.m. • \$5

Texas Hold ‘Em Tournament (476506)

Monday, May 11 • 11:30 a.m.-3:30 p.m. • \$3

Delicious, Nutritious Smoothies (472839)

Wednesday, June 10 • 11:30 a.m. • \$4

Breakfast Potluck (472840)

Wednesday, June 17 • 9:00 a.m. • Free

WORKSHOPS

Please register at least one week in advance.

Blood Pressure Checks

Mondays • 8:30-9:30 a.m. • Free

Education Computer Classes

Learn how to use Microsoft Office. Classes are small.

Mondays/Wednesdays • 9:30-11:30 a.m. • \$20/4 wks

Memory Screens (476659)

Sponsored by Alzheimer’s Foundation of America

Friday, April 3 • 12:00-3:30 p.m. • Free

Words on Wheels - Library Services

Register for a free library card and check out items that are brought to the Center every three weeks.

Wednesdays • 9:30 a.m. • Free

April 8, 29; May 20; June 10

Clark County Senior Advocate

A senior advocate will be here to assist you with any concerns or problems you may have.

Wednesday, April 8 • 10:30 a.m. • Free

Community Wellness Series Presented by Nevada Cancer Institute

Receive valuable information with presentations aimed at reducing the risk of chronic diseases and promoting cancer awareness, early detection, screening, and care.

Thursdays • 9:00 a.m. • Free

April 9 (475156) *Healthy Lifestyles*

May 7 (475157) *Risk Reduction/Early Detection*

June 4 (475158) *Tobacco Cessation*

AARP Safe Driving Course

\$12 AARP members; \$14 non-members,
payable to AARP. Call to register.

Mondays • 8:00 a.m.-4:00 p.m. • \$10

April 13 (472762) June 8 (472764)

May 11 (472763)

The Salad Bar! Join us for a fresh seasonal salad, served with bread, dessert, and drink.

Fridays • 12:00 p.m. • \$2

April 3472836

Kumquat-Date Salad w/ Fennel & Sherry Vinaigrette

April 24472841

Spinach Salad w/ Warm Bacon Dressing

May 1472842

B.L.T. Salad w/ Basil-Mayo Dressing

May 22472843

Crispy Chicken Honey-Mustard Salad

June 5472845

Summer Beet Salad w/ Toasted-Caraway Vinaigrette

June 26472846

Mediterranean Chopped Salad

Doolittle Senior Center

CLASSES & ACTIVITIES

229-6125

♥ = Heart Healthy Activities



Monday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- ♥ 9:00 a.m. Table Tennis *Free*
- 10:00 a.m. Camera Club **NEW!** *Free*
- ♥ 10:00 a.m. Chair Fitness *Free*
- ♥ 10:00 a.m. Bowling (Meet at Santa Fe) \$2.25;
plus shoe rental
- 11:00 a.m. Doolittle Inspirational Singers *Free*
- ♥ 11:00 a.m. Shuffleboard *Free*
- 12:30 p.m. Sewing *Free*
- 1:00 p.m. Chess *Free*
- 1:30 p.m. Guitar Club *Free*
- Must have completed class to participate.
- ♥ 2:00 p.m. Nintendo Wii *Free*

Tuesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Stretch and Circulation Class *Free*
- ♥ 9:00 a.m. Blood Pressure Check *Free*
(4/7, 5/5, 6/2)
- 9:30 a.m. Library Outreach *Free*
- 9:30 a.m. Picture Album Club *Free*
- ♥ 10:00 a.m. 50-Mile Club - Walking Group *Free*
- ♥ 10:00 a.m. Shuffleboard *Free*
- 12:00 p.m. Bingo \$0.75 per session
- 1:00 p.m. Game Show Games *Free*
- 1:00 p.m. Quilting Class \$2
- ♥ 3:00 p.m. Nintendo Wii *Free*

Wednesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- 9:00 a.m. Community Garden *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- 10:00 a.m. Red Hat Divas (3rd Wednesday) *Free*
- ♥ 10:00 a.m. Chair Fitness *Free*
- 12:30 p.m. Sewing *Free*
- 2:00 p.m. Nintendo Wii *Free*
- 3:00 p.m. Shuffleboard *Free*

Thursday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Stretch and Circulation Class *Free*
- 10:00 a.m. Name That Tune (4/2, 5/14, 6/4) *Free*
- ♥ 10:00 a.m. 50-Mile Club - Walking Group *Free*
- 12:00 p.m. Bingo \$0.75 per session
- 1:00 p.m. Game Show Games *Free*
- ♥ 2:00 p.m. Table Tennis *Free*
- 2:00 p.m. Kings in the Corner *Free*
- ♥ 3:00 p.m. Nintendo Wii *Free*

Friday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 8:00 a.m. Table Tennis *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- 10:00 a.m. Old Movies Weekly Series **NEW!** *Free*
- 10:00 a.m. Grief & Loss Support Group *Free*
(1st and 3rd Friday)
- ♥ 10:00 a.m. Chair Fitness *Free*
- ♥ 11:00 a.m. Soul Line Dancing *Free*
- ♥ 12:30 p.m. Zumba - Fitness Dance \$3
- ♥ 2:00 p.m. Nintendo Wii *Free*

EVENTS

Please register at least one week in advance.

Clark County Senior Advocate Program

1st, 2nd, and 3rd Tuesdays • 10:00-11:30 a.m. • Free

Intro to Computer Classes

Thursdays, April and June • Free, 4-week classes
10:00 a.m.-11:00 a.m. or 11:00 a.m.-12:00 p.m.
Call for more information.

Old Movies Weekly Series

Two 30-minute Amos & Andy movies each week.
Fridays • 10:00-11:00 a.m. • Free

April Fool's Day Breakfast (475738)

Green eggs and ham...no joke!
Wednesday, April 1 • 9:30-11:30 a.m. • \$3

EVENTS (continued)**Name That Tune**

Thursdays • 10:00 a.m. • Free
April 2, May 14, June 4

Health is Wealth

Tuesdays • 1:00 p.m. • Free
April 7, May 5, June 2

**Hoagie Wednesdays**

11:00 a.m.-12:00 p.m. • \$3 per meal
April 8 (475747) June 3 (475858)
May 6 (475857)

Guitar Class

Mondays (6 weeks) • 12:00-1:30 p.m. • \$4 per class
April 13-May 18

Current Events Discussion and Goodies

Mondays • 9:00 a.m. • Free
April 13, May 4, June 8

Bunco Blast

1:00-3:00 p.m. • Must bring \$5 newly bought gift.
April 14 (475778) June 9 (475861)
May 14 (475860)

Doolittle Cinema and Popcorn

Mondays • 1:00 p.m. • Free
April 20, May 11, June 15

Taco Fiesta Day (475724)

Tuesday, April 21 • 11:00 a.m.-12:00 p.m. • \$3

Healthy Eating Seminars

Thursdays • 10:00 a.m. • Free
April 23, May 21, June 11

Soup/Salad of the Month

Mondays • 11:00 a.m.-2:00 p.m. • \$2
April 27 (475739) *Chicken Wild Rice Soup*
May 18 (475807) *Chili*
June 29 (475808) *Chef Salad*

Monthly Birthday Celebration

Thursdays • 11:30 a.m. • Free
April 30, May 28, Tuesday, June 23

Mother's Day Luncheon (475734)

Thursday, May 7 • 11:00 a.m. • \$3

Armed Forces Recognition Day (475752)

Tuesday, May 12 • 11:00 a.m. • Free

EVENTS (continued)**Wii Bowling Tournament (475738)**

Wednesday, May 13 • 12:00-2:00 p.m. • \$1

Memorial Day Potluck Picnic (475723)

Friday, May 22 • 11:00 a.m. • \$1 plus dish

Doolittle Senior Quarterly Query

Tuesday, May 26 • 10:00 a.m. • Free

National Sweet Tea Day (475725)

Wednesday, June 10 • 9:00 a.m.-2:00 p.m. • \$1 each

Dominoes Tournament (475963)

Wednesday, June 10 • 12:00 p.m. • \$2

Root Beer Float Day (475961)

Tuesday, June 16 • 11:00 a.m.-12:00 p.m. • \$1

Food for Health and Soul (475720)

Prepare and taste recipes cooked in healthy ways.
You must commit to all 6 classes.

Wednesdays • 10:00 a.m. • Free
June 17, 24; July 1, 8, 22, 29

Father's Day Ice Cream Social (475726)

Thursday, June 18 • 11:00 a.m.-12:00 p.m. • \$2

National Bomb Pop Day (475733)

Cool off with a cold, refreshing Bomb Pop!
Thursday, June 25 • 11:00 a.m.-12:00 p.m. • \$1

WORKSHOPS

Please register at least one week in advance.

Spring Centerpiece Workshop (475760)

Monday, April 6 • 10:00 a.m. • \$1 plus supply

Coffee Talk with Senior Law Project

Tuesday, April 7 • 10:00 a.m. • Free

AARP Safe Driving Course

\$12 AARP members; \$14 non-members,
payable to AARP. Call to register.
Wednesdays/Thursdays • 9:00 a.m.-1:00 p.m. • \$10
April 8/9 (475956) June 3/4 (475958)
May 6/7 (475957)

Egg-Decorating Workshop (475758)

Thursday, April 9 • 10:00 a.m. • \$1

Seniors-Helping-Seniors (Southwest Gas)

Thursday, April 16 • 10:00 a.m.-12:00 p.m. • Free

East Las Vegas Community/Senior Center

CLASSES & ACTIVITIES

229-1515

♥ = Heart Healthy Activities

Computer Room has open lab times. Please see center staff for days and times.



Monday

9:00 a.m.	Senior Trading Library	Free
♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Canasta, Cribbage and Pinochle	Free
10:00 a.m.	Chess	Free
♥ 10:00 a.m.	Chair Exercise	\$2
♥ 11:00 a.m.	Nintendo Wii	Free
♥ 11:30 a.m.	Tap Dance	\$2
11:30 a.m.	Lunch	\$2
♥ 12:15 p.m.	Blood Pressure Checks	Free
1:00 p.m.	Movie Madness (2 nd Monday)	Free
1:00 p.m.	Mexican Train Dominoes	Free
1:00 p.m.	Shutter Bugs Camera Club (Last Monday)	Free
1:00 p.m.	Multi-Media Art Workshops	\$5

Tuesday

♥ 8:00 a.m.	Walking Group	Free
♥ 8:30 a.m.	Table Tennis	Free
9:00 a.m.	Computer Class	\$10/3 weeks
9:00 a.m.	Acrylic Painting	\$5
9:00 a.m.	Canasta, Cribbage and Pinochle	Free
9:00 a.m.	Puzzle Club	Free
♥ 9:00 a.m.	Hula, beginning	\$5
♥ 10:00 a.m.	Hula, intermediate	\$5
10:00 a.m.	SHIP Counseling (3 rd Tuesday)	Free
♥ 10:30 a.m.	Hula, advanced	\$5
♥ 11:00 a.m.	Nintendo Wii	Free
11:30 a.m.	Lunch	\$2
12:30 p.m.	Bridge	\$3
1:00 p.m.	Senior Entertaining Group (1 st Tuesday)	Free
1:00 p.m.	Cell Phone 101 (2 nd Tuesday)	\$1
♥ 1:00 p.m.	Korean Folk Dance	\$5
2:00 p.m.	Computer Class	\$10/3 weeks
♥ 3:00 p.m.	Japanese Dance	\$5
3:30 p.m.	One-on-One w/ Computer Tech	\$1
♥ 6:00 p.m.	Square Dance Lessons	\$4

Wednesday

♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Morning Croquet	Free
9:00 a.m.	Canasta, Cribbage, and Pinochle	Free
9:30 a.m.	Spanish, beginning	\$5
♥ 10:00 a.m.	Chair Exercise	\$2
10:30 a.m.	Texas Hold 'Em Poker	Free
10:30 a.m.	Guitar, beginning	\$5

Wednesday (continued)

11:30 a.m.	Lunch	\$2
12:00 p.m.	English as a Second Language	\$5
12:30 p.m.	Piano, intermediate	\$5
12:30 p.m.	Texas Hold 'Em Poker	\$2
1:00 p.m.	SLR Camera Class (4/22, 5/13, 6/10)	\$5
1:00 p.m.	Darts	Free
1:00 p.m.	Grief/Loss Support Group (2 nd and 4 th Wednesday)	Free
2:00 p.m.	Piano/Keyboarding, beginning	\$5

Thursday

♥ 8:00 a.m.	Walking Group	Free
♥ 8:30 a.m.	Table Tennis	Free
9:00 a.m.	Breakfast (1 st Thursday)	\$2
9:00 a.m.	Computer Class	\$10/3 weeks
9:00 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 9:00 a.m.	Tap Dance	\$2
9:30 a.m.	Senior Advocate	Free
9:30 a.m.	Kids-to-Kids Book Cleaning (2 nd and 4 th Thursday)	Free
10:00 a.m.	Crafts (3 rd Thursday)	Free
10:00 a.m.	Red Hat Society (1 st Thursday)	Free
11:30 a.m.	Lunch	\$2
12:00 p.m.	eBay Class	\$20/4 weeks
♥ 12:00 p.m.	Tai Chi	\$5
1:00 p.m.	Silversmithing	\$5
♥ 1:00 p.m.	Ballroom Dance	\$5
2:00 p.m.	Computers	\$10/3 weeks
3:30 p.m.	One-on-One w/ Computer Tech	\$1
♥ 7:00 p.m.	Square Dance	\$3

Friday

♥ 8:30 a.m.	Table Tennis	Free
♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Quilting Social	Free
9:00 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 10:00 a.m.	Chair Exercise	\$2
♥ 11:00 a.m.	Yoga	\$3
11:00 a.m.	Quilting Class	\$3
11:30 a.m.	Lunch	\$2
12:30 p.m.	Round Table Book Club (1 st Friday)	Free
1:00 p.m.	Fun Fridays (4/17, 5/8, 6/12)	\$2
2:00 p.m.	Digital Camera Class (Starts 4/10 and 6/5)	\$20/4 weeks

EVENTS

Please register at least one week in advance.

Monthly Breakfast

Thursdays • 9:00-10:00 a.m. • \$2

April 2 (476368) June 4 (476370)

May 7 (476369)

Going Green Month Kick-Off Party (476356)

Enjoy light refreshments, trivia, and raffle prizes.

Friday, April 3 • 1:00 p.m. • Free

Egg Hunt (476358)

Bring your baskets to find those golden eggs.

Win prizes, too!

Wednesday, April 8

11:00 a.m. • \$2



Baseball Game (476359)

Come play or cheer at our annual baseball game.

Wednesday, April 15 • 9:00 a.m. • Free

Fun Friday Days

Participate in a variety of activities, games and fun.

Fridays • 1:00 p.m. • \$2

April 17 (476371) June 12 (476373)

May 8 (476372)

Earth Day Celebration & Picnic Lunch (476360)

Celebrate Earth Day with us planting flowers.

Wednesday, April 22 • 10:00 a.m. • Free

Texas Hold 'Em Tournaments (450890)

Wednesdays • 1:00 p.m. • \$2

April 29, June 10

Food for Health and Soul (476364)

Learn about cooking healthy in this 6-week course.

Starts May 1 • 12:30 p.m. • Free

Ladies Day Out Luncheon (476361)

Enjoy a day of pampering, crafts, cooking, and fun!

Wednesday, May 13 • 10:00 a.m. • \$10

Bunco Tournament (476362)

Monday, May 18 • 1:00 p.m. • \$2

Bingo Bash & Lunch (476363)

Thursday, May 28 • 10:00 a.m. • \$6

Men's Day Off Luncheon (476365)

Wednesday, June 17 • 10:00 a.m. • \$8

WORKSHOPS

Please register at least one week in advance.

Private Music & Voice Lessons

Call 229-1515 for more details.

Beaded Eggs (476469)

Wednesday, April 1 • 12:30 p.m. • \$10

Photo Editing - Picasa and Photoshop Elements

Learn to download and enhance your photos.

Mondays • 1:00 p.m. • \$5

April 6 (476468) *Beginning Picasa*

May 4 (476556) *Advanced Picasa*

June 1 (476557) *Photoshop Elements*

Cooking Workshops

Wednesdays • 2:00-4:00 p.m. • \$2

April 8 *Cooking Green* (476476)

May 6 *Mexican Dishes* (476477)

June 3 *Summer Salads* (476472)

iTunes (476465)

Turn your CDs into digital files using iTunes.

Monday, April 13 • 1:00-3:00 p.m. • \$2

AARP Safe Driving Course

Lower your insurance premium!

\$12 AARP members; \$14 non-members,

payable to AARP. Call to register.

Tuesdays/Wednesdays • 9:30 a.m.-1:30 p.m.

April 21/22, May 19/20, June 16/17

Photo Books (476606)

Learn how to create these digital photo books.

Wednesday, April 22 • 1:00-3:00 p.m. • \$5

Maintaining Your Air Conditioning (476467)

Learn the basics to maintain your A/C unit and cut your monthly electric bill.

Friday, April 24 • 9:00 a.m. • Free

Taking Control of Credit (476466)

Learn how to use credit wisely. Lunch provided.

Monday, May 4 • 11:30 a.m. • Free

Jam and Bread Making (476470)

Monday, June 1 • 1:30 p.m. • \$2

Cell Phone Texting (476471)

Learn to text your family and friends!

Friday, June 26 • 2:00 p.m. • Free

Howard Lieburn Senior Center

CLASSES & ACTIVITIES

229-1600

- ♥ = Heart Healthy Activities
 * = Computer lab closed during classes.
 ** = Supplies Extra



Monday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:00 a.m.	Table Tennis	Free
♥ 9:00 a.m.	Fitness Assessment (Call 229-1604)	\$10
♥ 9:00 a.m.	Yoga	\$5
♥ 10:00 a.m.	Fitness Assessment (Call 229-1604)	\$10
10:00 a.m.	Multi-Media Art Class	\$3
10:00 a.m.	SLR Camera Class (1 st Monday)	\$5
12:00 p.m.	Red Hat Goodtime Girls (1 st Monday)	Free
12:00 p.m.	Daughters Utah Pioneers (2 nd Monday)	Free
12:00 p.m.	Bridge Club	Free
12:00 p.m.	Red Hat Ladies of Joy (3 rd Monday)	Free
♥ 12:00 p.m.	Low-Impact Aerobics with Natalie	\$3
♥ 1:00 p.m.	Indoor Shuffleboard (1 st and 3 rd Monday)	Free
1:00 p.m.	Lecture Series (3 rd Monday)	Free
1:00 p.m.	Digital Camera Club (2 nd Monday)	Free

Tuesday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9:00 a.m.	Strength & Flexibility Exercise	\$1
9:30 a.m.	Computer Class	\$6/3 weeks
11:00 a.m.	Computer Class	\$6/3 weeks
♥ 11:00 a.m.	In Balance Training with Doris	\$3
11:30 a.m.	Red Hat Lieburnettes (2 nd Tuesday)	Free
12:00 p.m.	C.C. Senior Advocate Advice	Free
12:30 p.m.	Intro to eBay & More	\$20/4 weeks
12:30 p.m.	N.A.R.F.E.	Free
1:00 p.m.	World Cuisine Club (2 nd Tuesday)	\$2
♥ 1:00 p.m.	Fitness Assessment (Call 229-1604)	\$10
1:00 p.m.	Grief/Loss Support Group NEW!	Free
♥ 2:00 p.m.	Fitness Assessment (Call 229-1604)	\$10
2:30 p.m.	Online Job Hunting NEW!	\$6/3 weeks (1 st , 3 rd , and 4 th Tuesday)

Wednesday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:00 a.m.	Table Tennis	Free
8:30 a.m.	Breakfast Nook (1 st Wednesday)	\$2
♥ 9:00 a.m.	Circuit Training (Instructor Approval)	\$3
9:30 a.m.	Guitar	Free

Wednesday (continued)

9:30 a.m.	Kids-to-Kids (1 st and 3 rd Wednesday)	Free
10:00 a.m.	Cell Phone One-to-One (3 rd Wednesday)	\$2
10:00 a.m.	Digital Photography Class	\$20/4 weeks
11:00 a.m.	Nimble Thumbs Knitting/ Crochet Club	Free
11:00 a.m.	Reader Theatre Club	Free
12:00 p.m.	Pinochle	Free
12:00 p.m.	Texas Hold 'Em Poker	Free
♥ 12:00 p.m.	Low-Impact Aerobics with Natalie	\$3
1:00 p.m.	Computer Class	\$6/3 weeks
♥ 1:00 p.m.	Jazz & Tap Dancing	\$3

Thursday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9:00 a.m.	Strength & Flexibility Exercise	\$1
♥ 9:30 a.m.	T.O.P.S. (First Meeting)	Free
9:30 a.m.	Computer Class	\$6/3 weeks
10:00 a.m.	Ask the Master Gardener	Free
10:00 a.m.	N.A.R.F.E. Board Meeting	Free
10:30 a.m.	Hand & Foot Canasta	Free
11:00 a.m.	Computer Class	\$6/3 weeks
12:00 p.m.	Bridge	Free
1:00 p.m.	Movie/Trivia Day (1 st Thursday)	Free
1:00 p.m.	Nintendo Wii (2 nd , 3 rd , 4 th Thursday)	Free
1:00 p.m.	N.A.R.F.E. General Meeting (2 nd Thursday)	Free
2:30 p.m.	New Member Orientation NEW!	Free (1 st Thursday)

Friday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
9:30 a.m.	Geocaching Meet-n-Greet (3 rd Friday)	Free
♥ 10:00 a.m.	Chi Kung	\$5
♥ 10:00 a.m.	Blood Pressure/Heart Rate Checks (2 nd Friday)	Free
10:00 a.m.	Canasta	Free
♥ 11:00 a.m.	Tai Chi	\$5
11:00 a.m.	Lieburn Luncheons (4/24, 5/22, 6/19)	\$4
12:00 p.m.	Pinochle	Free
1:00 p.m.	Lieburn Socials (4/10, 5/8, 6/19)	\$3
♥ 2:00 p.m.	Zumba (Latin Aerobics)	\$3

EVENTS

Please register at least one week in advance.

Breakfast Nook

Wednesdays • 8:30 a.m. • \$2

April 1 (469500) June 3 (469502)

May 6 (469501)

New Member Orientation

Meet the center staff and discover all the activities.

Thursdays • 2:30 p.m. • Free

April 2 (476462) June 4 (476464)

May 7 (476463)

Hobby Club Expo and Social (469506)

Discover the valley's hobby clubs, all in one place at one time. Refreshments available.

Friday, April 10 • 11:00 a.m.-3:00 p.m. • Free

World Cuisine Cooking Club

Tuesdays • 1:00-3:00 p.m. • \$2

April 14 (469458) June 9 (469460)

May 12 (469459)

Lieburn Lecture Series

Refreshments, education, and priceless empowerment.

Mondays • 1:00-3:00 p.m. • Free

"There is More Than One Kind of Grief"

New Hope Hospice April 20 (469551)

"Financial First Aid"

Nevada Federal Credit Union May 18 (469552)

"Physical Therapy to the Rescue"

Dr. Sue Schuerman June 15 (469553)

Luncheons

Reservations required at least two days prior to luncheon.

Fridays • 11:00 a.m. (food served at 11:30 a.m.) • \$4

April 24 *Cowboy Poetry Luncheon* (469503)

May 22 *Memorial Day Luncheon* (469504)

June 5 *Health Expo Luncheon* (469505)

Mother's Day Social

(476407)

Afternoon tea and finger foods, fun and games, too!

Friday, May 8

1:00 p.m. • \$3



Father's Day Social (476408)

Celebrate with old-fashioned hamburgers hot off the grill and a western sing-along.

Friday, June 19 • 1:00 p.m. • \$3

WORKSHOPS

Please register at least one week in advance.

Computer Classes

Three-week classes begin the first week of each month. \$6 per session payable before first class.

April

- *Internet* (469463)

Tuesdays/Thursdays 9:30-10:30 a.m.

- *Spreadsheets* (469466)

Tuesdays/Thursdays 11:00 a.m.-12:00 p.m.

- *Online Job Hunting* (469478)

1st, 3rd, 4th Tuesdays 2:30-3:30 p.m.

- *Windows* (469469)

Wednesdays 1:00-3:00 p.m.

May

- *Intro to Computers* (469464)

Tuesdays/Thursdays 9:30-10:30 a.m.

- *Presentations* (469467)

Tuesdays/Thursdays 11:00 a.m.-12:00 p.m.

- *Online Job Hunting* (469479)

1st, 3rd, 4th Tuesdays 2:30-3:30 p.m.

- *Microsoft Word* (469470)

Wednesdays 1:00-3:00 p.m.

June

- *Windows* (469465)

Tuesdays/Thursdays 9:30-10:30 a.m.

- *Music & Pictures* (469468)

Tuesdays/Thursdays 11:00 a.m.-12:00 p.m.

- *Online Job Hunting* (469480)

1st, 3rd, 4th Tuesdays 2:30-3:30 p.m.

- *Internet* (469471)

Wednesdays 1:00-3:00 p.m.

AARP Safe Driving Course

Lower your insurance premium!

\$12 AARP members; \$14 non-members, payable to AARP. Call to register.

Wednesdays/Thursdays • 12:00-4:00 p.m.

April 15/16, May 20/21, June 17/18

Picasa and Photoshop Elements

Enhance your digital photos with this software.

Mondays • 10:00 a.m.-12:00 p.m. • \$5

April 20 (469485) *Photoshop Elements*

June 15 (469487) *Picasa*

iTunes (454949)

Turn your CDs into digital files using iTunes.

Thursday, June 25 • 2:00-3:30 p.m. • \$2

Las Vegas Senior Center

CLASSES & ACTIVITIES

229-6454

♥ = Heart Healthy Activities

The Center has a small library and billiards room open daily.



Monday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	Video Aerobics NEW!	Free
9:00 a.m.	Cribbage	Free
♥ 9:00 a.m.	Ping Pong/Table Tennis	Free
10:00 a.m.	China Painting	\$3
1:00 p.m.	Bingo Excitement	\$0.75 per session
5:30 p.m.	Hawaii Dance Company	Call
6:00 p.m.	So. NV Gem and Mineral Society	Call
	(1 st Monday)	
♥ 6:00 p.m.	Round Dance, advanced	\$5
6:00 p.m.	Gold Prospectors (4 th Monday)	Call

Tuesday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
8:30 a.m.	Foot-Care Clinic	Call
	(4 th Tuesday; By Appointment Only)	
♥ 9:00 a.m.	Indoor Walking Club	Free
9:00 a.m.	Senior Advocate (4 th Tuesday)	Free
10:00 a.m.	Japanese Embroidery	\$3
♥ 10:00 a.m.	Nintendo Wii	Free
10:00 a.m.	Woodcarving & Wood Burning	Free
♥ 10:30 a.m.	Tap Dance, beginning	\$3
11:00 a.m.	Hamburger Tuesday	\$2
11:00 a.m.	Purple Passions Red Hat Society	Call
	(4 th Tuesday)	
♥ 11:30 a.m.	Tap Dance, intermediate/advanced	\$3
12:00 p.m.	Porcelain Workshop	\$3
♥ 1:00 p.m.	Cowboy Mike's Line Dance Class	\$3
	(12 noon on 2 nd Tuesday)	
1:00 p.m.	Monopoly Day (1 st Tuesday)	Free
1:00 p.m.	Senior Tripsters (2 nd Tuesday)	Call
1:00 p.m.	Texas Hold 'Em	Free
3:00 p.m.	Wire Wrapping (except 1 st Tuesday)	\$5
♥ 3:00 p.m.	Swing Dance with JoJo	\$5
4:00 p.m.	TV Time	Free
5:00 p.m.	Chess Club	Free
5:00 p.m.	Silversmith Class	Call
♥ 5:00 p.m.	Tuesday Night Ballroom Dance	\$4
5:30 p.m.	Wire Wrapping (except 1 st Tuesday)	\$5

Wednesday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
8:30 a.m.	WorldDoc.com (Help Time)	Free
♥ 9:00 a.m.	Blood Pressure Screening	Free
♥ 9:00 a.m.	Video Aerobics NEW!	Free
9:00 a.m.	Ukrainian Egg Design with Zoria	\$3
♥ 10:00 a.m.	Tai Chi with Billie Ann	\$3
10:15 a.m.	Info Services Committee Meeting	Free
	(1 st Wednesday)	
♥ 11:30 a.m.	Ukulele Dance Practice	Call
	(Must be in Ukulele Class)	
1:00 p.m.	Chess Class, beginning	Free
	(1 st Wednesday)	
♥ 1:00 p.m.	Ballroom Dance Class with JoJo	\$5
♥ 1:00 p.m.	Shuffleboard	Free
3:30 p.m.	Desert Wins Duplicate Bridge	Call
♥ 5:00 p.m.	Hula, beginning	\$3
♥ 6:00 p.m.	Round Dance Class	\$5

Thursday

8:00 a.m.	Morning Media	Free
♥ 9:00 a.m.	Indoor Walking Club	Free
9:00 a.m.	Crochet and Knit	Free
9:00 a.m.	Intro to eBay Class	\$20/4 weeks
9:30 a.m.	Wax In-Lay Beading	\$3
10:00 a.m.	Humanities Discussion Group	Free
10:30 a.m.	Quilting Workshop	\$3
10:30 a.m.	eBay Savvy Class	\$20/4 weeks
11:00 a.m.	Ukulele, beginning	\$3
12:00 p.m.	Ukulele, intermediate	\$3
1:00 p.m.	Texas Hold 'Em Lessons/Class	\$3
1:00 p.m.	Afternoon Movie	Free
1:00 p.m.	Quilting Class	\$3
2:00 p.m.	Billiards Tournament NEW!	Free
	(3 rd Thursday)	
2:00 p.m.	Computers, beginning	\$20/6 weeks
	(Classes begin 4/16, 6/4)	
3:00 p.m.	Computers, intermediate	\$20/6 weeks
	(Classes begin 4/16, 6/4)	
3:30 p.m.	Na Mele Hui Ohana	Call
4:00 p.m.	Guitar, intermediate	\$3
♥ 4:30 p.m.	Hula, advanced	\$3
5:00 p.m.	Open Computer Lab	Free
6:30 p.m.	Frontline Recovery Group	Call

Friday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
9:00 a.m.	Cribbage	Free
♥ 9:00 a.m.	Video Aerobics NEW!	\$2
9:00 a.m.	Medicare SHIP Program	Free
	(1 st Friday; By Appointment Only)	
9:00 a.m.	Oil Painting Class	\$3
♥ 10:00 a.m.	Tap Dance, beginning	\$3
♥ 10:00 a.m.	Ping Pong/Table Tennis	Free
♥ 11:00 a.m.	Belly Dance	\$3
11:00 a.m.	Frankfurter Friday	\$1 Hot Dog
11:30 a.m.	Ceramics	\$3
12:00 p.m.	Chinese Mah-Jongg	Free
12:00 p.m.	Computers, beginning	\$20/6 weeks
	(Classes begin 4/17, 6/5)	
12:00 p.m.	Blue Card Duplicate Bridge	Call
1:00 p.m.	Computers, intermediate	\$20/6 weeks
	(Classes begin 4/17, 6/5)	
1:00 p.m.	Sing-Along Fun Time Singers	Free
1:00 p.m.	Afternoon Movie	Free
♥ 5:30 p.m.	Dancegig East Coast Swing	\$3
	Instruction/Social	
♥ 6:30 p.m.	Ballroom Basics Dance Class	\$5
	with JoJo	

EVENTS

Please register at least one week in advance.

Patio Parties

Games, karaoke, music...what will it be?

Mondays • 2:30-4:00 p.m. • \$1

April 6 *Kabuki Cranium on the Wii* (475361)

May 4 *Yahtzee Tournament* (475364)

June 1 *Karaoke* (475365)

Bunco

No experience or skill needed; learn as you play!

Wednesdays

1:00-3:00 p.m. • \$1

April 15 (475108)

May 13 (475110)

June 24 (475122)



Monthly Billiards Tournament

We're looking for a monthly champion to place his or her name on our new billiards plaque.

Practice during the week for this tournament.

Thursdays • 2:00-4:00 p.m. • Free

April 16 (475128) June 18 (475130)

May 21 (475129)

EVENTS (continued)

Senior Health Expo (475410)

Blood pressure screening, eye exams, bone density, diet advice, skin checks, hearing tests, chiropractic advice, cancer screening, and more! Refreshments served while supplies last.

Friday, April 17 • 10:00 a.m.-2:00 p.m. • Free

Monthly Texas Hold 'Em Poker Tournament

Tuesdays • 12:30-4:00 p.m. • \$2

April 21 (475125)

May 19 (475126)

June 16 (475127)

Tuesday Night Dances

Ballroom dance socials with live music from Boyd Coulter and his band. Monthly themes and light refreshments.

Tuesdays • 5:00-8:00 p.m. • \$4

April 21 *Lover's Day*

May 19 *Spring Fling*

June 16 *Hawaiian Luau*



Red Hat Rally (475409)

Enjoy live entertainment, displays, and a three-course sit-down meal at this annual Red Hat member event.

Friday, April 24 • 10:30 a.m.-1:30 p.m. • \$10

Spring Tea Party (453739)

Dress up and put on your hat and gloves for a spring tea party. Enjoy tea, scones, savorys, and pastries as we learn tea history and etiquette.

Tuesday, April 28 • 11:30 a.m.-1:00 p.m. • \$5

Breakfast and Bingo (475408)

Join us for a pancake breakfast with eggs, bacon, juice, and coffee. After breakfast, play bingo for prizes!

Wednesday, May 13 • 8:30-10:30 a.m. • \$3

18th Annual 90-Plus Banquet

"Cruisin' into the '90s"

Ships ahoy! Join us on our cruise to fun as we host the Annual 90-Plus Banquet celebrating the lives of seniors 90 years of age and older. If you, or someone you know, will be 90 or older by May 15, we would like to invite them to this annual event.

Call 229-6454 to receive an invitation.

Friday, May 15 • 4:30-6:00 p.m.

EVENTS *(continued)***Murder Mystery Luncheon (475406)**

Someone's done it again! Put on your detective hats and solve the crime. Prizes will be awarded to the gumshoe that can solve the mystery. Wednesday, May 27
11:30 a.m.-1:30 p.m.
\$5

**The Wheel of Fortune (475412)**

Spin the wheel, buy a vowel, and guess the words. Be part of the fun. Players will be picked from the audience. There will be many chances to win a prize. Monday, June 8 • 1:00-3:00 p.m. • \$1

New Members Reception (475411)

Meet the staff; ask questions; get information about classes, trips, and activities; and take a tour of the facility. Light refreshments will be served. Call to register. Wednesday, June 10 • 2:00-3:30 p.m. • Free

Spring Birthday Bash (475413)

Celebrate your birthday with us! Eat birthday cake and sing a hearty version of "Happy Birthday" at the top of your lungs. Free for those with birthdays April-June. Friday, June 19 • 2:00-3:00 p.m. • \$1

Be heart smart!

The American Heart Association says most women are susceptible to heart disease or stroke. Discuss prevention measures with your doctor today.

WORKSHOPS

Please register at least one week in advance.

Free Monthly Card-Making Workshop

Learn how to make your own hand-stamped cards.

Thursdays • 3:00-4:00 p.m.

April 9 (478781) June 11 (478783)

May 14 (478782)

AARP Income Tax Preparation

By appointment only; call 229-6454.

Ends April 13 • 9:00 a.m.-12:00 p.m. • Free

AARP Safe Driving Course

Lower your insurance premium!

\$12 AARP members, \$14 non-members

(payable to AARP instructor)

April 20/21 4:00-8:00 p.m. (478774)

May 18/19 4:00-8:00 p.m. (478775)

June 17 8:30 a.m.-4:30 p.m. (478773)

Tie-Dye Workshop (475420)

Get our wardrobe ready for summer! Bring t-shirts, shorts, hats, or whatever you can find that's made of 100% cotton to jazz it up. Instruction will be given on how to create a multitude of designs.

Friday, June 5

1:00-3:00 p.m. • \$1 per item

Lei-Making Workshop (475419)

Learn the art of lei making. Fresh orchids and supplies, flown in from Hawaii, will be on hand to make your own lei for the Luau Luncheon. Limited to 20 people.



Tuesday, June 16

10:00 a.m.-12:00 p.m.

\$10

**Computer Classes**

Join us for monthly computer classes that include beginning computer (basic Windows and Microsoft Word), intermediate computers (e-mail and Internet), and e-Bay classes to learn how to sell those fantastic treasures you have online. See the daily schedule on page 13 for class start dates.

Active Adult/Senior Center Day Trips

Join us for fun-filled day trips!

Participants must have a current membership. Advance registration and a \$2 non-refundable transportation fee are required per trip. Space is limited for each trip and additional costs are noted. Additional costs must be paid day of trip directly to the trip location. Participant is responsible for providing his/her own lunch or purchasing lunch where noted, as well as any personal spending money. Please call the individual facility for more information.

Dates Registration Opens

March 2 - April Day Trips • April 1 - May Day Trips • May 1 - June Day Trips

Centennial Hills Active Adult Center229-1702

Additional Cost

Clark County Fair (473169)

April 10

9:00 a.m.

Personal \$

Enjoy the rides, shopping, and food at our annual county fair in Logandale, Nevada.

Photo Scavenger Hunt & Lunch (473170)

April 30

8:30 a.m.

\$15

Join us as we search for those items again in our second annual hunt.

Town Square Shopping (473180)

May 20

9:30 a.m.-3:00 p.m.

Personal \$

Shop 'til you drop, watch a movie, or just relax at this one-of-a-kind mall.



Swimming (473181)

June 24

9:30 a.m.

Personal \$

Enjoy laying around on the sand, riding the lazy river, or surfing the wave pool.

Derfelt Senior Center229-6601

Additional Cost

Photo Scavenger Hunt (472850)

April 30

8:00 a.m.

\$15 Lunch

Mission Impossible meets the Amazing Race. Break into teams to find items on a custom-designed scavenger list using a camera.

Red Rock Hike (472849)

May 8

8:00 a.m.-3:00 p.m.

This is an easy hike to a seasonal waterfall. Bring lunch and water and wear appropriate clothing.

Mt. Charleston Hike (472848)

June 12

8:00 a.m.

Bring lunch and water and wear appropriate clothing.

Cave Spring via Trail Canyon - moderate to difficult hike

Fairly steep hike with good, established trail.



Day Trips (continued)

Doolittle Senior Center229-6125

Additional Cost

- Clark County Fair (475730)** **April 10** **9:00 a.m.-4:30 p.m.** **Personal \$**
Enjoy the games, food, and attractions at our county fair in Logandale, Nevada. Space is limited; please sign up early.
- Little Pastry Chefs Bakery/Coffee Bean & Tea Leaf (475732)** **April 24** **9:00 a.m.-3:00 p.m.** **\$5-\$15 + Personal \$**
Enjoy a morning sampling of coffees and teas, then have fun making and eating the foods you choose.
- Primm Shopping Adventure (475731)** **May 8** **9:00 a.m.-3:00 p.m.** **Shopping + Lunch \$**
Join us for a day of shopping and lunch at the outlet shops in Primm, Nevada.
- Breakfast Buffet and Movie** **May 15 (475727)** **June 19 (475728)** **9:00 a.m.-2:00 p.m.** **Movie + Breakfast \$**
Join us for a trip to the Texas Station Feast Buffet and then on to a new release movie. Space is limited.
- Lake Las Vegas and Rumrunner Lunch (475959)** **June 12** **9:00 a.m.-3:00 p.m.** **Lunch \$**
Enjoy in a day of sight-seeing and the best hamburgers in town.



Recital at International House of Blues Foundation (475962)
June 24
9:00 a.m.-2:00 p.m.
Free
Join us for our 4th Annual Recital. You will laugh, reminisce, sing along, and have a good time. We'll eat lunch before we return to the center. Register early; seats are limited.

East Las Vegas Community/Senior Center229-1515

Additional Cost

- King Putt Miniature Golf (476366)** **April 7** **9:30 a.m.** **\$10**
Spend the day playing a round of golf with your friends.
- Picture Scavenger Hunt (476458)** **April 30** **9:00 a.m.** **\$15 (Paid Day of Trip)**
Join us as we search for items in our picture scavenger hunt.
- Kayaking (476459)** **May 6** **9:00 a.m.** **\$25 (Paid Day of Trip)**
Join us as we kayak around beautiful Lake Las Vegas!
- Cold Creek Horse Viewing & Nature Hike (476460)** **May 15** **9:00 a.m.** **Bring Lunch**
Bring a picnic lunch and carrots to feed the horses.
- Digital Camera Field Trip (476367)** **June 2** **10:00 a.m.-2:00 p.m.** **Lunch \$**
Bring your camera to take some pictures of Encore, the newest hotel on the Las Vegas strip.

Swimming at the Beach (476461)

June 24
9:30 a.m.

Spend the day on an 11-acre beach, hang out at the lazy river or swim in the pool. If taking a dip is not your thing, you can just sit and wiggle your toes in the sand.



Day Trips (continued)

Howard Lieburn Senior Center.....229-1600

Additional Cost

Hiking/Sight-Seeing St. Thomas/Lost City (469494) **April 8** **8:30 a.m.-3:00 p.m.**
See the lost city of St. Thomas and tour the Lost City Museum.

Scavenger Hunt (469495) **April 30** **8:00 a.m.-3:00 p.m.**
Join your friends and compete with other centers to find and photograph the wonders of our city.

Digital Camera Club: Big Horn Viewing (469496) **May 13** **9:30 a.m.-3:00 p.m.**
Bring your camera to photograph the Big Horn in Searchlight, Nevada. Visit the historic Searchlight Museum.

Shopping at Town Square (469497) **May 20** **9:00 a.m.-4:00 p.m.**
Travel with friends to discover the unique shopping experience at Town Square.



Hiking to Cave Spring at Mt. Charleston (469498)
June 12
8:30 a.m.-3:30 p.m.
Bring Lunch + Water
Intermediate-to-advanced terrain with steep trails, so wear shoes with good traction and support.

Swimming at the Beach (469499) **June 24** **9:00 a.m.-3:00 p.m.**
Spend the day on the beach at a local resort. Bask in the sun, swim and play in the sand.

Las Vegas Senior Center.....229-6454

Additional Cost

Clark County Fair (475414) **April 10** **8:00 a.m.-4:00 p.m.** **\$6-\$8 Admission + Personal \$**
Join us on a trip to Logandale, Nevada. Enjoy a carnival midway, livestock show, food, vendors, entertainment and more!

Photo Scavenger Hunt (475415) **April 30** **8:30 a.m.-3:30 p.m.** **\$15**
Mission Impossible meets the Amazing Race. Break into teams to find items on a custom-designed scavenger list using a camera. Enjoy a special lunch deal at a local restaurant as well.

Geocaching (475416) **May 6** **10:00 a.m.-2:00 p.m.**
Geocaching is an entertaining adventure game for GPS users to search for hidden caches.

Breakfast and Movie (475417) **June 3** **9:30 a.m.-2:30 p.m.** **Movie/Breakfast \$**
Escape from the summer heat with breakfast and a movie.

CBS Television City at MGM (475418)

June 25

9:00 a.m.-2:30 p.m.

Personal \$

Ever thought you could do the job of a network executive, deciding which shows are put on the air and which ones end up in the waste bin? Well now you can weigh in! Watch one of the latest offerings from major networks and offer your opinion...you could be part of deciding next season's must-see TV!



Upcoming Events



Mark your calendar now!

July 2009

NBA Summer League	Doolittle Senior Center
Enjoy basketball? This is a very exciting excursion we take each year, full of laughter and excitement.	TBD • 12:00-4:00 p.m. • \$2
Wiener Wednesday	Centennial Hills Active Adult Center
Enjoy hot dogs straight off the grill, potato salad, beans, and dessert.	July 8 • 12:30 p.m. • \$8
National Ice Cream Month Celebration	Las Vegas Senior Center
Make your own ice cream sundae!	July 9 • 11:30 a.m.-1:30 p.m. • \$1
Independence Hall Luncheon	Lieburn Senior Center
Enjoy a special holiday lunch with friends!	July 10 • 11:30 a.m.-1:30 p.m. • \$4
Red, White and Blue Barbeque	Las Vegas Senior Center
Join us for a summer barbeque luncheon.	July 15 • 11:30 a.m.-1:30 p.m. • \$4
4th Wednesday Watermelon Days	Centennial Hills Active Adult Center
Cool off on a hot day with sweet, tasty watermelon, one of summer's favorite fruits.	July 22, August 26, September 23 12:00-2:00 p.m. • \$1 per slice
Health Fair	Lieburn Senior Center
One-stop shop for health and wellness information.	July 24 • 10:00 a.m.-2:00 p.m.
Ice Cream Social	Centennial Hills Active Adult Center
July is National Ice Cream Month! What better way to cool down in the summer heat than with a tasty ice cream cone.	July 29 • 12:00-2:00 p.m. • \$1 per cone

August 2009

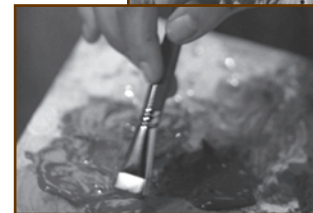
Snow Cone Spectacular	Centennial Hills Active Adult Center
Get out of the summer heat and enjoy a flavorful snow cone. A variety of flavors will be available.	August 5 • 12:00 p.m. • \$1 per cone
Senior Citizens Day Lunch	Centennial Hills Active Adult Center
Celebrate this day with us and enjoy a yummy lunch with friends!	August 12 • 1:00 p.m. • \$8
Summer Salad and Sandwich Extravaganza	Lieburn Senior Center
Get out of the heat and enjoy yourself a cool summer meal.	August 14 • 11:30 a.m. • \$4
Auditions for Senior Idol	Las Vegas Senior Center
It's your time to shine! Participate in group dance, individual dance, group vocals, individual vocals, or comedy. Auditions held both days. Call 229-6454 for a registration packet.	August 19-20
Homemade French Bread Pizza	Doolittle Senior Center
Choose from a variety of toppings to make your own pizza!	August 20 • 11:00 a.m. • \$2
Senior Citizens Day Celebration	Las Vegas Senior Center
Celebrate National Senior Citizens Day with us!	August 21 • 1:00-3:00 p.m. • Free
Rock & Roll Social	Lieburn Senior Center
Make some time to socialize with friends and rock out to some oldies but goodies!	August 28 • 1:00 p.m. • \$3

September 2009

Grandparents' Day Luncheon	Centennial Hills Active Adult Center
Celebrate with us by sharing lunch and stories with friends.	September 9 • 12:30 p.m. • \$8
South-of-the-Border Luncheon	Lieburn Senior Center
It's fiesta time! Join us for an authentic Mexican meal.	September 11 • 11:30 a.m. • \$4
International Chocolate Celebration	Las Vegas Senior Center
It's a chocolate lover's delight!	September 14 • 1:00 p.m. • \$2
End-of-Summer Luncheon	Las Vegas Senior Center
Join us for one last hurrah before fall begins.	September 16 • 11:30 a.m. • \$4
National Cheeseburger Day	Doolittle Senior Center
Join us for a hamburger or cheeseburger, chips and a drink.	September 18 • 11:00 a.m. • \$2
Grandparents' Day Social	Lieburn Senior Center
Calling all grandparents! Spend an afternoon socializing with friends!	September 25 • 1:00 p.m. • \$3
National Women's Health Fitness Day	Las Vegas Senior Center
Receive information about women's health and fitness issues.	September 30 • 10:00 a.m. • Free

Did you know?

- Studies indicate that mental activities such as Scrabble and crossword puzzles help prevent Alzheimer's disease.
- Art projects can be therapeutic and relaxing.
- Group activities can help prevent depression, which is common among older populations.



PARKS, TRAILS & OPEN SPACES

Total Park Acreage	1,700 acres
Walking Path Mileage.....	70 miles
Trails Planned	132 miles

*Park Name	Ward	Mileage
Firefighter's Memorial Park	1	0.86
All-American Park	2	0.80
Freedom Park	3	0.75
Kellogg-Zaher Park	4	2.2
James Gay III Park	5	0.68
Centennial Hills Park	6	1.50
Additional parks include walking/jogging trails.		

*For detailed information on the parks located in the city of Las Vegas, visit www.lasvegasparksandrec.com.

Downtown Senior Services Center

Your one-stop shop for senior services from the City of Las Vegas!

Bridger Health Center

310 South 9th Street, Suite 110
220-9932

Medical services include geriatrics, family practice, women's health, and lab services provided by Nevada Health Center. Medicare, Medicaid, and most insurances are accepted. A sliding-fee scale is offered for qualified, uninsured patients.

Senior Citizens Law Project

310 South 9th Street, 2nd Floor
229-6596

Provides legal counsel and assistance to Clark County residents 60 years of age and older. See next page for more information.

Jude 22 Senior Nutrition Center

300 South 9th Street
229-1142

Monday-Thursday, 8:30 a.m.-1:30 p.m.

Friday, 8:30-11:30 a.m.

Closed 11:30 a.m.-12:00 p.m.

Emergency food assistance available for adults age 60 and older who meet low-income federal guidelines.



Nevada 2-1-1 helps connect seniors with resources.

Have you ever needed help finding a resource to assist you with a problem you face? Nevada 2-1-1 is a great resource that can connect you to agencies that can provide answers.

Call 2-1-1 for information about:

- Basic human services
- Physical and mental health resources
- Employment support services
- Programs for children, youth, and families
- Support for seniors and persons with disabilities
- Volunteer opportunities and donations
- Support for community crisis or disaster recovery

You can also access this information online at www.nevada211.org.

The City of Las Vegas Senior Citizens Advisory Board helps Las Vegas serve seniors.

This group of advocates works on your behalf to help provide workshops, create partnerships, and advise the City Council and staff about the needs of our senior population.

The Senior Citizens Advisory Board meets on the second Thursday of each month at 1:30 p.m. at the Downtown Senior Services Center. The meetings are open to the public and we encourage you to share your opinions with the Board. 🌕

The Department of Leisure Services is committed to the fair, honest, and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age, or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.

Senior Citizens Law Project

The City of Las Vegas Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents age 60 years and older. There is no fee for service; however, donations are accepted. Clients are seen daily Monday-Friday, 9 a.m. to 4 p.m., by appointment only.

Call 229-6596 to schedule an appointment.

The Senior Citizens Law Project presently provides advice and assistance in matters which include:

- Government Benefits and Entitlements
- Estate Planning Issues
- Elder Rights Issues
- Consumer Matters
- Housing Matters
- Long-Term Health Care Issues
- Miscellaneous Services
- Outreach



Weekly Legal Assistance

Monday, Tuesday, Wednesday, Friday

9:00 a.m.-4:00 p.m. ● By appointment only.

Appointments for matters including, but not limited to, general legal information, advance directive/planning for incapacity, consumer matters, Social Security assistance, landlord/tenant assistance, estate planning, bankruptcy pre-screening, financial review, petition and order for release of medical records, homestead document preparation, petition for sealing records, petition for name change, petition to open safe deposit box, affidavit of entitlement, document preparation and/or notarization, and affidavit terminating joint tenancy.

Thursday

9:00 a.m.-4:30 p.m. ● By appointment only.

Will signing: Clients who have had a last will and testament prepared by the Senior Citizens Law Project return to the office to execute their legal instrument.



Self-Help Seminars

Ask a Lawyer - General Legal Seminars

Elder law attorney conducts a free legal seminar on legal issues relating to seniors. Space is limited; call for more information. No one-on-one appointments available at this seminar.

Henderson Senior Center

27 East Texas Avenue

Tuesdays - April 7, May 5, June 2

9:00-11:00 a.m.

Boulder City Senior Center

1001 Arizona Street

Tuesdays - April 14, May 12, June 9

9:00-11:00 a.m.

Community Seminars

Elder law attorney meets for coffee and light refreshments while conducting a free legal seminar on legal issues relating to seniors. Space is limited; call for more information. No one-on-one appointments available at this seminar.

Doolittle Senior Center229-6125

1930 North J Street

Tuesday, April 7

10:00-11:30 a.m.

East Las Vegas Senior Center229-1515

250 North Eastern Avenue

Tuesday, May 5

10:00-11:30 a.m.

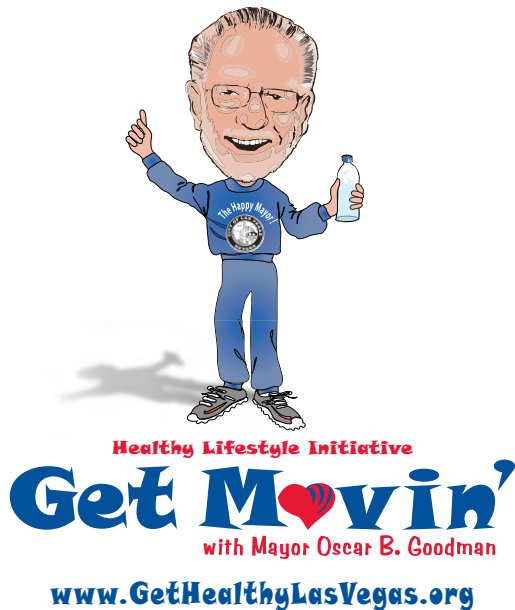
Las Vegas Senior Center229-6454

451 East Bonanza Road

Tuesday, June 2

10:00-11:30 a.m.

Mayor's Healthy Lifestyle Initiative



Committing to an Improved Quality of Life

Mayor Goodman's vision of a healthy and active community starts with each one of us getting smart, getting up, and getting out. Our award-winning parks, recreation centers, cultural centers, swimming pools, and sports complexes offer something for everyone. In addition, our trail systems throughout the city provide ample opportunities for walking, bicycling or jogging.

So we invite you to join us today to begin living beyond the neon. But if you're at all apprehensive about getting involved, or really don't know where to start, please speak with a staff member. We're committed to working together with you to meet your leisure time needs as well as to improve your quality of life. You also can visit www.getfitlasvegas.org to view any special events planned with the Mayor. 🌅

Leisure-On-The-Go

Leisure-On-The-Go is a new work unit within the Senior Citizen Programs Division of the City of Las Vegas Department of Leisure Services. This unit works directly to serve low-income seniors who reside in the following Housing Authority and/or mobile home sites:

- Three Crowns
- Villa Borega Mobile Home Community
- Rulon Earl Mobile Home Park
- Robert Gordon Plaza
- Archie C. Grant Park

From luncheons and workshops to social events and day trips, **Leisure-On-The-Go** is a great example of how we strive to provide programs and services to a wide array of senior citizens. For more information, please contact Stephanie Richard at 229-4160. 🌅



REACHING OUT TO YOU!

Field Trips • Recreation
Play • Adventure • Fun
Diversity • Education • Socialization



**Department of
Leisure Services**

Living...Beyond The Neon™

Senior Citizen Programs Division
749 Veterans Memorial Drive, Las Vegas, NV 89101

www.lasvegasparksandrec.com



Las Vegas City Council
Mayor Oscar B. Goodman

Mayor Pro Tem Gary Reese, Ward 3 - Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1 - Councilman Steven D. Ross, Ward 6
Councilman Ricki Y. Barlow, Ward 5 - Councilman David W. Steinman, Ward 4 (Interim)

City Manager Elizabeth N. Fretwell - Deputy City Managers: Orlando Sanchez, Mark R. Vincent (Acting)
Department of Leisure Services Acting Director Billie M. Bastian - Acting Deputy Director Lonny Zimmerman
Senior Citizen Programs Division Manager Ed Jost - Supervisors: Jerlys Henderson, Peter Priest